

mood & symptom monitoring

The purpose of self monitoring is to help you become more aware of yourself, your moods, and what's going on in your life so that you can better manage your illness, make informed decisions, prevent further illness episodes, and ultimately have the quality of life you want. Basically, self-monitoring involves identifying subtle changes in your daily mood and being aware if you are experiencing hypomanic, manic, and depressive symptoms. Self-monitoring doesn't take long to do and you'll find that it gets easier once you include it in your daily routine.

Mood Monitoring

The first step to self monitoring is monitoring your mood for the day. Ask yourself, "How did I feel today? Was my mood within the normal range, or was I feeling slightly low or high? How low? How high?" Rate your mood, between -5 (depressed) and +5 (manic). Try to rate your mood at the same time everyday. Use the mood graph below to monitor your moods. Try it for a week and see if you can identify any pattern in your mood fluctuations.

You might also want to take note of the circumstances in which you experienced particularly high or low moods. Bring your completed mood graph to your doctor or mental health professional and discuss your observations with them.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Date:							
Manic							
+5							
+4							
+3 Time to Intervene							
+2 Monitor Closely							
+1							
0 Normal							
-1							
-2 Monitor Closely							
-3 Time to Intervene							
-4							
-5							
Depressed							

Circumstances in which I experienced high or low moods:

Symptom Monitoring

Another way of monitoring yourself is to identify and be aware of any signs and symptoms associated with a depressive, manic, or mixed episode that you might be experiencing. Use the worksheet below to record any symptoms that might have interfered with most of your day-to-day activities. If you experience a number of these symptoms over a few days, you might want to consider taking some action. Talk to your doctor or mental health professional about what you can do to prevent a full-blown mood episode.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Date:							
Depressed mood							
Loss of interest or pleasure							
Increase or decrease in appetite							
Unable to sleep or sleep too much							
Physically agitated or slowed down							
Fatigue or loss of energy							
Feeling worthless or guilty							
Unable to concentrate or make decisions							
Thoughts of death or suicide							
Elevated or irritable mood							
Increased self-esteem or self-confidence							
Decreased need for sleep							
More talkative than usual							
Racing thoughts							
Easily distracted							
Increase in goal-directed activity							
Overly eager to engage in pleasurable activities							

Circumstances in which I experienced these symptoms:

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Cci Mood Management Therapist Manual

Joacim Rocklöv



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Cognitive Behavioral Therapy for Anxiety and Depression, An Issue of Psychiatric Clinics of North America Stefan G. Hofmann, Jasper Smits, 2017-11-06 This issue of Psychiatric Clinics edited by Drs Stefan G Hofmann and Jasper Smits will focus on Cognitive Behavioral Therapy for Anxiety and Depression Topics covered in articles in this issue include but are not limited to Basic strategies of CBT Core mechanisms of CBT CBT for anxiety and depression in severe mental disorders Unified treatment for anxiety disorders Internet assisted CBT Cultural adaptations of CBT Pharmacological enhancements of CBT and Current status and future directions of CBT

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Treatment of Generalized Anxiety Disorder Gavin Andrews, Alison E. J. Mahoney, Megan J. Hobbs, Margo Genderson, 2016 Generalized Anxiety Disorder GAD is characterised by excessive anxiety and worry about

everyday concerns such as work family relationships finances health and safety People who worry in a maladaptive way benefit from good proactive treatment This is an essential guide for all therapists who deal with this debilitating problem

Handbook of Psychological Assessment, Case Conceptualization, and Treatment: Children and adolescents Michel Hersen, 2008 Handbook of Psychological Assessment Case Conceptualization and Treatment provides in two volumes comprehensive coverage of the fundamentals of psychological practice across the age spectrum and features contributions from leading international researchers and professionals This book gathers contributions from leading international scholars and practitioners to present the latest evidence based findings regarding best practices for a number of prevalent DSM disorders and other issues facing individuals of all ages as well as special groups The Oxford Handbook of Rehabilitation Psychology Paul Kennedy, 2012-08-16 Rehabilitation psychology is one of the fastest growing fields in applied psychology In this book the editor has successfully brought together a range of well established international and experienced researchers and practitioners to provide a guide to best practice clinical management and the wider professional themes and issues

Mental Health Care: An Introduction for Health Professionals, 5th Edition Catherine Hungerford, Donna Hodgson, Richard Clancy, Gillian Murphy, Kerrie Doyle, Maree Bernoth, Michelle Cleary, 2023-09-25 Mental Health Care 5th Edition helps students learn the subject matter as part of a multi disciplinary team of care providers With an emphasis on understanding practical real life scenarios the text helps students develop a sense of empathy and gain confidence in care provision **Principle-Based Stepped Care and Brief Psychotherapy for Integrated Care Settings** Alexandros Maragakis, William T. O'Donohue, 2018-02-13 This timely volume provides the practitioner with evidence based treatments for many of the clinical problems encountered in integrated care It applies the core concepts of stepped care to integrating brief mental health interventions as a way to address ongoing problems in the modern healthcare landscape It sets out in depth the state of the healthcare crisis in terms of costs staffing and training issues integration logistics and management system culture and a variety of clinical considerations Central to the book is a best practice template for providing behavioral stepped care in medical settings including screening and assessment levels of intervention and treatment referrals and collaboration with primary care and other specialties Using this format contributors detail specific challenges of and science based interventions for a diverse range of common conditions and issues including Depression Anxiety disorders Adherence to chronic obstructive pulmonary disorder management Alcohol and other substance misuse Attention deficit hyperactivity disorder Chronic pain Neurocognitive disorders Paraphilias problematic sexual interests WU3 Sexual abuse and PTSD in children A solid roadmap for widescale reform Principle Based Stepped Care and Brief Psychotherapy for Integrated Care Settings is deeply informative reading for health psychologists social workers psychiatrists and clinical psychologists It also clarifies the research agenda for those seeking improvements in healthcare quality and delivery and patient satisfaction

Contemporary Clinical Psychology Thomas G. Plante, 2005-01-07 This new edition provides the reader with the latest

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